

Dispensing spectacles: tips for the dispensing team

Advice for dispensing opticians, optometrists and optical assistants.

1. Give autistic patients space and time to choose spectacle frames and lenses

- Don't constantly watch autistic patients whilst they are choosing spectacle frames unless they ask for your help.
- Reassure autistic patients that they can return on another day to have their spectacles dispensed.

2. Go through each part of the dispensing process in turn

- Don't overwhelm autistic patients with lots of information at once.
- Conduct the dispense in a logical, step-by-step manner. Discuss:
 1. lens choices
 2. spectacle frames
 3. lens tints and coatings.

The contents of this resource were developed as part of a PhD project titled 'Investigating optometric and orthoptic conditions in autistic adults' at The University of Manchester. For more information, contact Ketan Parmar: ketan.parmar@manchester.ac.uk

Visit the Autism and Vision website: <https://sites.manchester.ac.uk/autism-and-vision/>